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6. The method of claim 5, wherein the cooked food product ranges up to about 25 weight percent of the egg-based material, based on the total weight of the egg-based material.

7. The method of claim 1, wherein the egg-based material has a fluid, flowable consistency prior to cooking.

8. The method of claim 1, wherein one gram of the thickening agent is capable of absorbing at least about 1.5 grams of water during a five minute absorption period when the temperature of the water ranges from about 35° F. to about 70° F.

9. The method of claim 1, further comprising incorporating a stabilizing agent into the egg-based substance, wherein the stabilizing agent is selected from the group consisting of starch, gum, or any of these in any combination.

10. The method of claim 9, wherein the stabilizing agent ranges up to about 5 weight percent of the egg-based substance, based on the total weight of the egg-based substance, and the thickening agent ranges up to about 25 weight percent of the egg-based material, based on the total weight of the egg-based material.

11. The method of claim 1, further comprising incorporating a liquid dairy material into the egg-based substance.

12. The method of claim 11, wherein the liquid dairy material is selected from whole milk, reduced-fat milk, skim milk, dairy cream, buttermilk, sour cream, yogurt, and any of these in any combination.

13. The method of claim 1, wherein the cooked egg-based product exhibits freeze/thaw stability.

14. A method for making an egg-based product comprising:

blending an egg-based substance, pieces of supplemental food, and a cooked water-absorbent material to form an egg-based material, wherein the egg-based substance ranges from about 45 weight percent to about 98 weight percent of the egg-based material, and the supplemental food ranges from about 1 weight percent to about 30 weight percent of the egg-based material, and wherein the water absorbent material absorbs water within the egg-based material and suspends the pieces of supplemental food within the egg-based material;

cooking the egg-based material until an egg component of the egg-based substance coagulates, thereby forming a coagulated egg mass with suspended pieces of supplemental food;

cutting the coagulated egg mass into pieces;

coating the pieces of the coagulated egg mass with batter and/or breading; and

frying the pieces in a heated fat to produce a fried egg-based product.

15. The method of claim 14, wherein the egg-based substance comprises a natural liquid egg component that comprises free water.

16. The method of claim 14, wherein the cooked water-absorbent material comprises chunks, pieces, particles, or crumbs of a cooked food product.

17. The method of claim 16, wherein the cooked food product is selected from the group consisting of bread, cracker, cookie, tortilla, breakfast cereal, cake, and crust.

18. The method of claim 14, wherein one gram of the cooked water-absorbent material is capable of absorbing at least about 1.5 grams of water during a five-minute absorption period when the temperature of the water ranges from about 35° F. to about 70° F.

19. The method of claim 14, wherein the egg-based substance further comprises a stabilizing agent, the stabilizing agent ranges up to about 5 weight percent of the egg-based substance, based on the total weight of the egg-based substance, and the cooked water-absorbent material ranges up to

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about 25 weight percent of the egg-based material, based on the total weight of the egg-based material.

20. The method of claim 14, wherein the cooked egg-based product exhibits freeze/thaw stability.

21. A method for making an egg-based product comprising:

blending an egg-based substance having an egg component ranging from 65 weight percent to about 99.5 weight percent of the egg-based substance, and a liquid dairy material, with a thickening agent to form an egg mixture, wherein the egg-based substance ranges from about 45 weight percent to about 98 weight percent of the egg mixture, and the thickening agent absorbs water within the egg mixture;

cooking the egg mixture until the egg component coagulates;

cutting the coagulated egg mass into pieces;

coating the pieces with batter and/or breading; and

frying the pieces in a heated fat to produce a fried egg-based product.

22. The method of claim 21, wherein the liquid dairy material is selected from the group consisting of whole milk, reduced-fat milk, skim milk, dairy cream, buttermilk, sour cream, yogurt, and any of these in any combination.

23. The method of claim 21, wherein the egg mixture has a fluid, flowable consistency prior to cooking.

24. The method of claim 21, the method further comprising incorporating pieces of supplemental food into the egg mixture.

25. A method for making an egg-based product comprising:

blending an egg mixture having an egg-based substance ranging from about 45 weight percent to about 98 weight percent of the egg mixture, based on the total weight of the egg mixture, additional water, and a thickening agent that absorbs water within the egg mixture;

cooking the egg mixture until the egg coagulates;

cutting the coagulated egg mass into pieces;

coating the pieces with batter and/or breading; and

frying the pieces in a heated fat to produce a fried egg-based product.

26. The method of claim 25, wherein the egg mixture has a fluid, flowable consistency prior to cooking.

27. The method of claim 25, wherein the cooked egg-based product exhibits freeze/thaw stability.

28. The method of claim 25, the method further comprising incorporating pieces of supplemental food into the egg mixture.

29. A method for making an egg-based product, the method comprising:

blending an egg mixture consisting essentially of an egg-based substance including an egg component ranging from 65 weight percent to about 99.5 weight percent of the egg-based substance, additional water, and a stabilizing agent that absorbs water within the egg mixture;

cooking the egg mixture until the egg component coagulates to form a coagulated egg mass;

cutting the coagulated egg mass into pieces;

coating the pieces with batter and/or breading; and

frying the pieces in a heated fat to produce a fried egg-based product.

30. The method of claim 29, wherein the stabilizing agent comprises starch or gum.

31. The method of claim 29, wherein the stabilizing agent is a water-absorbent material and one gram of the water-absorbent material is effective to absorb at least about 1.5